

queen street yoga

**JULY/AUG
2017**

SALE!

Summer-10 Pass

10-class pass for \$120 - save \$25!

On sale until July 31

Valid for all drop-in classes,
beginner-friendly to advanced

Over 20 classes per week to choose from

Expires 3 months from date of purchase

Intro to Yoga • (6 wks/\$95+hst)

Mon, 7:45pm • Monica • July 10 - Aug 21

Thurs, 9:30am • Amanda • July 13 - Aug 17

Thurs, 6:00pm • Monica • July 13 - Aug 17

Yoga for Round Bodies™ with Lisa French

Tues, 6:00pm • July 4 - Aug 15 (7 wks)

Stretch & Sit: Mindfulness Practices with Leslie Stokman

Mon, 7:30pm • July 10 - Aug 21 (6 wks)

Parent & Peanut with Julie Zettel

Tues, 10:00am • July 11 - Aug 15 (6 wks)

Mindful Running with Madison Martin

Technique

Wed, 6:00am • July 5 - Aug 9 (6 wks)

Distance (with snacks)

Tues, 5:30pm • July 4 - Aug 8 (6 wks)

Goat Yoga! A Fundraiser at Growing Hope Farm

Sunday, July 16 in Cambridge

2:00pm • Goat Yoga Flow

4:00pm • Goat Yoga for Families

FREE Yoga in the Park: June to August

Wed, 12:00pm • near Victoria Park clocktower

200-hour Yoga Teacher Training starts Sept 2017!

Wed, July 12 • 6:30pm • info session

queen street yoga

DROP-IN CLASSES

July 1 - August 31

MONDAY

9:30am Expanding Flow Carin

5:30pm Slow Flow Emma

TUESDAY

6:30am Sunrise Practice Neman

12:00pm Hour Flow Amanda S

6:00pm Expanding Flow Emma

7:45pm Prenatal Julie

WEDNESDAY

9:30am Basics Leena

12:00pm Yoga in the Park** Various

5:30pm Slow Flow Leslie

7:45pm Expanding Flow Leena

THURSDAY

6:30am Sunrise Practice Neman

12:00pm Hour Flow Amanda S

6:00pm Basics Emma

7:30pm Community Class* Various

7:45pm Rest & Renew Emma/Leena

FRIDAY

9:30am Slow Flow Amanda S

12:00pm Hour Flow Amanda S

5:30pm Hour Flow Carin

SATURDAY

10:00am Expanding Flow Carin

SUNDAY

9:30am Slow Flow Monica

11:00am Expanding Flow Kris

*Community Classes and are \$5
(no one turned away for lack of funds).

**Yoga in the Park is FREE, beginner-friendly, and all-ages

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queenstreetyoga.com

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